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WEEK 45
2016



A culinary question while cooking?

Send us a free WhatsApp message from 16:00 - 21:00 to +31 (0) 6 2727 3232.

WINEBOX

Sedosa blanco

This creamy dish calls for a silky wine. Therefore, we choose a Sedosa blanco made of verdejo and sauvignon blanc.



Take a picture of your dish and share it via social media. The best photo will win a surprise!



Creamy potato dish with cod and bacon

Season with grated nutmeg

This creamy oven dish with leeks and potatoes contains not only fish, but also bacon. Oven dishes are tasty and easy to prepare. Especially good for when you have guests since you can make it all in advance. You season this dish with nutmeg which you grate yourself.

store in refrigerator



40-45 min



easy



eat at the beginning



kid friendly



Leek



Diced bacon



Cod



Bildstar potatoes



Nutmeg

Ingredients

	1P	2P	3P	4P	5P	6P
Bildstar potatoes (g)	250	500	750	1000	1250	1500
Leek	1	2	3	4	5	6
Nutmeg (bal)	1	1	1	1	1	1
Diced bacon (g)	25	50	75	100	125	150
Cod 4)	1	2	3	4	5	6
Vegetable bouillon (ml)*	100	200	300	400	500	600
Real butter (tbsp.)*	1	2	3	4	5	6
Flour (tbsp.)*	1	2	3	4	5	6
Milk (ml)*	25	50	75	100	125	150
Pepper and salt*	To Taste					

* Add yourself

Allergens

4) Fish

Utensils

Pot with lid, fine grater,
Stir-fry or sauté pan,
whisk, baking dish

Nutrition Facts 599 kcal | 31 g protein | 66 g carbs | 21 g fat, of which 12 g saturated | 12 g fibres



1 Preheat the oven to 220 degrees, prepare the bouillon and bring 400 ml of water to a boil in a pot with lid for the potatoes.

2 Wash the potatoes (Bildstar) thoroughly and cut into slices of ½ cm thick. Boil the potatoes, covered, for 12 - 15 minutes in the pot with a lid. Then drain and leave to steam without a lid.

3 Meanwhile, cut the leek into thin rings. Grate the nutmeg with a fine grater.

4 Heat a stir-fry or sauté pan over medium heat and fry the bacon for 2 minutes. Add the leeks and cook for 3 minutes.

5 Add and melt half the butter. Add the flour and cook, stirring, for 1 minute over medium heat. Add half the bouillon and stir with a whisk until the bouillon has been absorbed. Repeat with the remaining bouillon and also add the milk. Bring to the boil and cook for 1 minute. Season with ½ tsp. grated nutmeg per person and a pinch of salt and pepper.

6 Meanwhile, grease a baking dish with the remaining butter. Place the cooked potatoes in the baking dish, pour the sauce over it, and place the cod on top. Sprinkle with salt and pepper. Bake for 10 minutes in the oven.

7 Divide the potato-leek dish with cod onto the plates.



Tip! Don't have a lot of time? Then add the fish, in pieces, at the end of step 5 the fish and cook 4 - 6 minutes. Serve with the potatoes.



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WUJUNBOX

Ramón Roqueta blanco

Precisely because of the spicy sauce we advise you to pour this delicious wine with tropical fruit flavors such as mango.



Take a picture of your dish and share it via social media. The best photo will win a surprise!



Oriental noodles with chicken and spicy soy-red chilli sauce

With fresh cucumber

This Oriental dish is prepared with chicken thighs which are prepared as stewed meat. You flavor the noodles to taste with fish sauce, soy sauce and fresh ingredients such as red chilli and ginger. Garnish your meal with fried sesame.

store in refrigerator



40-45 min



easy



eat at the beginning



spicy



lactose free



Chicken thigh



Spring onion



Cucumber



Red chilli



Fresh ginger



Garlic clove



Sesame



Fish sauce



Soy sauce



Red bell pepper



Noodles

Ingredients

	1P	2P	3P	4P	5P	6P
Red chilli	½	1	1½	2	2½	3
Fresh ginger (cm)	1	2	3	4	5	6
Garlic clove	1	2	2	3	3	4
Chicken thigh	1	2	3	4	5	6
Sesame (g) 11) 19) 22)	5	10	15	20	25	30
Fish sauce (ml) 4) 9) 12) 19)	10	20	30	40	50	60
Soy sauce (ml) 1) 6)	15	30	45	60	75	90
Red bell pepper	½	1	1½	2	2½	3
Spring onion	2	4	6	8	10	12
Cucumber	¼	½	¾	1	1¼	1½
Noodles (g) 1)	70	140	200	270	340	400
Sunflower oil (tbsp.)*	1	1	2	2	3	3
White wine vinegar (tsp.)*	2	4	6	8	10	12
Honey (tsp.)*	2	4	6	8	10	12
Pepper and salt*	To Taste					

Nutrition Facts 673 kcal | 42 g protein | 71 g carbs | 23 g fat, of which 5 g saturated | 6 g fibres

* Add yourself

Allergens

1) Gluten **4)** Fish **6)** Soy
9) Celery **11)** Sesame **12)**
Sulfite

May contain traces of
19) peanuts and **22)** nuts.

Utensils

Stir-fry or sauté pan with
lid, frying pan with lid,
cheese slicer or
vegetable peeler



1 Remove the seeds from the red chilli and chop the red chilli fine. Peel the ginger and chop finely. Cut or press the garlic. Make an incision in the chicken thigh in two places until you hit the bone.

2 Heat a stir-fry or sauté pan with lid over high heat and fry the sesame without oil, until golden brown. Remove from the pan and keep separate.

3 Heat the sunflower oil in the same stir-fry or sauté pan with a lid and fry the garlic and the chicken thighs 2 minutes over medium heat. Turn the chicken thighs frequently. Add the fish sauce, soy sauce, red chilli, ginger and 2 tbsp. of water per person and simmer, covered, for 20 - 25 minutes on medium low heat.

4 Meanwhile, bring 400 ml of water per person to the boil in a pot with a lid for the noodles. Cut the peppers into thin strips and the spring onions into rings. Cut or scrape the cucumber with a cheese slicer or vegetable peeler into thin long slices.

5 Then remove the chicken thighs from the stir-fry or sauté pan, add the pepper, cucumber, white wine vinegar, honey and the majority of the spring onion and simmer 3 - 4 minutes. Boil the noodles, covered, for 4 minutes in the pot with a lid and then drain.

6 Meanwhile, pull the chicken from the thigh bone with the aid of two forks and add the chicken and noodles to the vegetables.

7 Divide the dish on the plates and garnish with the sesame and remaining spring onions.

Tip! Serve the red chilli separately. This way everyone can make their dish as sharp or mild as they wish!





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WIJNBOX

Ramón Roqueta tinto

With this orzo we pour a light oak mated Spanish wine made from tempranillo with a small percentage of cabernet sauvignon.



Take a picture of your dish and share it via social media. The best photo will win a surprise!



Orzo with broccoli, pine nuts and pecorino

Season with fresh thyme

Orzo, Italian for barley, is a dried pasta which you prepare this week with broccoli. This vegetable contains fiber and beta-carotene. Broccoli is delicious in combination with fried pine nuts and pecorino. Visit our blog for tips on how to keep broccoli.

store in refrigerator



25-30 min



easy



eat within
5 dagen



vegetarian



kid
friendly



Broccoli



Fresh thyme



Pecorino



Onion



Garlic clove



Pine nuts



Orzo

Ingredients

	1P	2P	3P	4P	5P	6P
Onion	½	1	1½	2	2½	3
Garlic clove	1	2	2	3	3	4
Broccoli (g)	250	400	650	800	1050	1200
Fresh thyme (stems) 23)	3	9	12	15	18	21
Pine nuts (g) 19) 22)	15	30	45	60	75	90
Orzo (g) 1) 17)	85	170	250	335	420	500
Pecorino (g) 7)	40	75	100	125	150	175
Vegetable bouillon (ml)*	175	350	550	700	900	1100
Olive oil (tbsp.)*	½	1	1	1½	1½	2
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **7)** Milk/lactose
May contain traces of
17) eggs, **19)** peanuts,
22) nuts and **23)** celery.

Utensils

Pot with lid, stir-fry or
sauté pan with lid

Nutrition Facts 659 kcal | 30 g protein | 69 g carbs | 27 g fat, of which 9 g saturated | 11 g fibres



1 Prepare the bouillon. Boil 300 ml of water per person in a pot with a lid for the broccoli. Chop the onion and cut or press the garlic. Cut the flower of broccoli into florets and stalk into cubes. Remove the thyme leaves from the stems and slice or chop finely.



2 Heat a stir-fry or sauté pan over high heat and fry the pine nuts without oil, until golden brown. Remove from the pan and set aside.

3 Heat the olive oil in a stir-fry or sauté pan and fry the onion and garlic for 2 minutes on low heat. Add the orzo and thyme and stir-fry for 1 minute over medium heat. Add the bouillon and simmer, covered, 10 - 12 minutes on low heat . Stir regularly. If the orzo is too dry, add extra water .



4 Meanwhile, cook the broccoli 6 - 8 minutes in the pot with a lid and then drain.

5 Add the broccoli and the half of the pecorino to the orzo and let the cheese melted whilst stirring. Season with salt and pepper.

6 Divide the orzo on plates and sprinkle with pine nuts and the remaining pecorino.



Tip! Want a little more spice? Then add a tsp. harissa or sambal.

Fact! Did you know that the pine nut is the seed of a pine? By shaking pine cones, seeds are released which are then peeled. The final product are the pine nuts.



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WIJNBOX

Cabriz branco

The smoked mackerel is the absolute focus of this dish. Pour a full and powerful wine such as this Portuguese one.



Take a picture of your dish and share it via social media. The best photo will win a surprise!



Potato-kohlrabi stew with hot smoked mackerel

Season with fresh dill

This potato-kohlrabi stew with mackerel is easy to prepare and full of flavor. The mackerel in this dish has been specially smoked by our supplier and has an oak wood scent. This is a wonderful combination with the dill and kohlrabi, potatoes and crisp spinach.

store in refrigerator



20-25 min



easy



eat within
3 days



kid
friendly



gluten free



Kohlrabi



Hot smoked mackerel



Fresh dill



Spinach



Colomba potatoes

Ingredients	1P	2P	3P	4P	5P	6P
Colomba potatoes (g)	250	500	750	1000	1250	1500
Kohlrabi	½	1	1½	2	2½	3
Hot smoked mackerel (g) 4)	80	160	240	320	400	480
Fresh dill (stems) 23)	2	4	6	8	10	12
Spinach (g) 23)	50	100	150	200	250	300
Real butter (tbsp.)*	½	1	1½	2	2½	3
Mustard (tsp.)*	1	2	3	4	5	6
Milk*	Dash					
Pepper and salt*	To Taste					

* Add yourself

Allergens

4) Fish

May contain traces of 23) celery.

Utensils

Pot with lid, potato masher

Nutrition Facts 556 kcal | 25 g protein | 52 g carbs | 26 g fat, of which 7 g saturated | 7 g fibres



1 Peel and wash the potatoes (colomba) thoroughly and cut into large pieces. Peel the kohlrabi and cut into cubes of 1 - 2 cm. Make sure the potatoes and kohlrabi are just submerged in a pot with a lid and cook, covered, for 12 - 15 minutes. Then drain, reserving a little of the cooking water. Let steam without a lid.



2 Remove the skin from the hot smoked mackerel and dividede it with a fork into small pieces. Chop the dill finely and tear the spinach small.

3 Mash the potatoes and kohlrabi with a potato masher until a coarse puree. Add butter, mustard and a dash of milk or cooking water to make it smooth.

4 Add the spinach, half of the mackerel and half of the dill. Stir and season with salt and pepper.



5 Divide the dish on the plates and garnish with the remaining mackerel and dill.



Tip! Remove the mackerel from the refrigerator 10 minutes before you cook it. This allows the fat to melt and makes the skin easier to take off.

Fact! Mackerel is rich in omega-3 fats. Eating one mackerel per week is sufficient for the weekly amount of omega-3.

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WIJNBOX

Synera blanco

This Catalan white wine is so fresh that it offers the perfect balance to the sweet and spicy sauce in this dish. Salud!



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Spicy köfte in sweet spicy sauce with rice and fresh salad

Delicious with Arabic seasonings

The ground beef with which you make köfte, also called Arabian meatballs, comes already seasoned by our butcher, with delicious Arabic seasonings like cumin, cardamom and coriander.



40-45 min



a lot
of steps



eat at the
beginning



lactose
free



gluten free

store in refrigerator



Minced beef



Lettuce



Shallot



Turkish red chilli



Green bell pepper



Tomato



Brown rice



Cinnamon



Cumin



Tomato puree



Raisins

Ingredients

	1P	2P	3P	4P	5P	6P
Shallot	1	2	3	4	5	6
Turkish red chilli	1	2	3	4	5	6
Green bell pepper	½	1	1½	2	2½	3
Tomato	1	2	3	4	5	6
Minced beef (g)	110	220	330	440	550	660
Brown rice (g)	85	170	250	335	420	500
Cinnamon (tsp.)	¼	½	¾	1	1¼	1½
Cumin (tsp.)	½	1	1½	2	2½	3
Tomato puree (can)	⅓	⅔	1	1⅓	1⅔	2
Raisins (g) 19) 22)	20	30	40	50	60	70
Lettuce (g) 23)	30	60	80	120	140	160
Olive oil (tbsp.)*	1	1	2	2	3	3
Sambal (tsp.)*	½	1	1½	2	2½	3
Extra virgin olive oil (tbsp.)*	½	1	1½	2	2½	3
White balsamic vinegar (tsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

May contain traces of **19)** peanuts, **22)** nuts and **23)** celery.

Utensils

Pot with lid, stir-fry or sauté pan with lid, salad bowl

Nutrition Facts 802 kcal | 41 g protein | 86 g carbs | 30 g fat, of which 9 g saturated | 9 g fibres



1 Boil 200 ml of water per person for rice. Finely chop the shallot. Cut the Turkish red chilli lengthwise, remove the seeds and cut into half rings. Cut the bell peppers into strips and tomatoes into cubes. Turn 4 meatballs per person from the minced beef and roll it into sausages (köfte) of about an inch wide.



2 Heat half the olive oil in a pan with a lid and cook half of the shallot for 1 minute on low heat. Add the rice and cook, stirring for 1 minute. Add the boiling water and simmer, covered, for 12 - 15 minutes on low heat. Drain if needed and let stand with the lid on.



3 Heat the remaining oil in a stir-fry or sauté pan with lid and fry the köfte for 5 minutes until browned (do not cook) over medium heat. Then remove from the pan.

4 Put the stir-fry or sauté pan back on low heat and fry the remaining shallot for 1 minute in the fat of the köfte. Add the Turkish red chilli, bell pepper, tomato, sambal, cinnamon and cumin and cook for 1 minute. Add the tomato puree and 50 ml of water per person. Put the köfte back in the pan, add the raisins and simmer, covered, for 10 minutes. Season with salt and pepper.

5 Meanwhile, mix the extra virgin olive oil, white balsamic vinegar, pepper and salt in a salad bowl to make a dressing. Add the lettuce and toss with the dressing.

6 Divide the rice and köfte on the plates. Pour the sauce over the rice and serve with the salad.

Tip! This dish is rich in calories. Are you watching your calorie intake? Then use half of the rice. Use the remaining rice to make a delicious breakfast rice pudding. Visit our blog for the recipe!





WINEBOX

La Vieille Ferme blanc

This dish, which that gets its flavor from herb cream cheese, we pour a spicy white wine from the Rhônevallei in France.



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Conchiglie with vegetables, cream cheese and pecans

Delightful combination with mushrooms and red pepper

Conchigli is the Italian word for pasta shells. You can fill them or stir them into the sauce. For garnishing you use pecans. To give them a delicious bite and a more intense flavor you grate them into the pan.

store in refrigerator



25-30 min



easy



eat within
3 days



vegetarian



kid
friendly



Broccoli



Mushrooms



Herb cream cheese



Red bell pepper



Conchiglie



Pecans



Onions

Ingredients

	1P	2P	3P	4P	5P	6P
Onion	½	1	2	2	3	3
Broccoli (g)	125	250	400	500	650	800
Mushrooms (g)	125	250	375	500	625	750
Red bell pepper	½	1	1½	2	2½	3
Conchigli tricolore (g) 1)	90	180	270	360	450	540
Pecans (g) 8) 19) 22)	20	30	40	50	60	70
Herb cream cheese (g) 7)	50	100	150	200	250	300
Olive oil (tbsp.)*	½	1	1	2	2	2
White balsamic vinegar (tsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **7)** Milk/lactose
8) Nuts
May contain traces of
19) peanuts and **22)**
(other) nuts.

Utensils

Pot with lid, stir-fry or
sauté pan

Nutrition Facts 723 kcal | 24 g protein | 74 g carbs | 34 g fat, of which 17 g saturated | 13 g fibres



1 Boil 500 ml of water per person with a pinch of salt in a pot with a lid for conchiglie and broccoli. Chop the onion. Cut the flower of broccoli into small florets and stalk into cubes. Cut the mushrooms into slices and the peppers into thin half strips.

2 Boil the conchiglie, covered, for 10 - 12 minutes in the pot with a lid. After 4 - 5 minutes add the broccoli. Then drain and leave without a lid to steam.

3 Heat a stir-fry or sauté pan, without oil, over high heat. Crumble the pecans over the pan and cook 2 minutes. Remove from the pan and set aside.

4 Heat olive oil in the same stir-fry or sauté pan and fry the onion for 2 minutes on low heat. Add the mushrooms and peppers and cook for 5 minutes over medium heat.

5 Add the conchiglie, broccoli, cream cheese and white balsamic vinegar to the stir-fry or sauté pan and heat for 2 minutes. Season with salt and pepper.

6 Divide the dish on the plates and garnish with pecans.



Tip! Due to the cream cheese this pasta gets a delicious creamy taste. Children love this!

This dish is more than the recommended amount of vegetables. Not such big eaters? Then add a total of 200 grams of vegetables per person and use the rest to make a delicious salad for lunch.



Hello
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WIJNBOX

Masan blanc

The yogurt and the fresh, green curly parsley in particular ask for a light and fresh wine. That is why we have chosen this Masan blanc.



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Stuffed eggplant with pearl barley and yoghurt

The harissa makes for a spicy flavor

This recipe, with this vegetarian stuffed eggplant, is from the Middle East and is spicy due to the harissa. The tomato and yogurt make it milder. Pearl barley makes for a tasty bite. This dish contains a lot of different flavors and textures.



45-50 min



a lot
of steps



eat within
5 days



vegetarian



spicy

store in refrigerator



☐ Fresh curly parsley



☐ Yogurt



☐ Pearl barley



☐ Harissa



☐ Eggplant



☐ Onion



☐ Garlic clove



☐ Sweet potato



☐ Tomato



☐ Ground coriander

Ingredients

	1P	2P	3P	4P	5P	6P
Pearl barley (g) 1) 25)	85	170	250	335	420	500
Harissa (tsp.)	½	1	1½	2	2½	3
Eggplant	½	1	1½	2	2½	3
Onion	½	1	1½	2	2½	3
Garlic clove	1	2	2	3	3	4
Sweet potato (g)	100	200	300	400	500	600
Tomato	1	2	2	3	3	4
Ground coriander (tsp.)	1	2	3	4	5	6
Fresh curly parsley (stems) 23)	2	5	8	10	12	15
Yogurt (tbsp.) 7) 19) 22)	2	4	6	8	10	12
Vegetable bouillon (ml)*	225	450	675	900	1125	1350
Olive oil (tbsp.)*	2	2	3	3	4	4
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **7)** Milk/lactose
May contain traces of
19) peanuts, **22)** nuts,
23) celery and **25)**
sesame.

Utensils

2x pan with lid, baking
sheet with baking paper,
bowl

Nutrition Facts 591 kcal | 14 g protein | 99 g carbs | 17 g fat, of which 4 g saturated | 21 g fibres



1 Preheat the oven to 220 degrees. Prepare the bouillon in a pot with lid, add the pearl barley and cook, covered, for 25 minutes. Drain, if necessary, and stir half of the harissa into it (note: the quantities of harissa are given in teaspoons).



2 In another pot with lid bring 200 ml of water per person with a pinch of salt to boil for the eggplant. Cut the eggplant in half lengthwise and cut then cut the flesh crosswise without cutting the skin. Cook the eggplant, covered, for 5 - 7 minutes in the pot with a lid.



3 Cut the onion into rings. Cut or press the garlic. Peel the sweet potato and cut into cubes of ½ - 1 cm. Cut the tomatoes into cubes. Arrange the sliced vegetables on a baking sheet with baking paper and mix with the ground coriander seeds and majority of the olive oil. Add salt and pepper to taste.



4 Place the eggplant with the flat side down between the vegetables on the baking sheet. Drizzle with olive oil. Bake for 20 minutes in the oven. Add the chopped vegetables to the pearl barley.

5 Meanwhile, cut the curly parsley and make a sauce in a bowl using the yogurt, half of the curl parsley and the remaining amount of recommended harissa. Season with salt and pepper.

6 Divide the eggplant on the plates and press the flesh a little to make a bowl shape. Fill the eggplants with sweet potato and pearl barley and garnish with the remaining yogurt sauce and curly parsley. Serve the remaining pearl barley and sweet potato next to it.

Tip! Pay attention! Harissa is very spicy, so do not add too much.



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WIJNBOX

Quinta da Espiga branco

With a spicy dish we like to pour a wine in which you can really taste the spicy notes. This creates a delicious match!



Take a picture of your dish and share it via social media. The best photo will win a surprise!



Indian curry with seitan and chopped fresh coriander

Delicious served with vegetables and brown rice

This Indian curry is made with seitan. Seitan is a vegetarian product which is rich in protein. It is also called wheat meat. In this dish you cook the seitan together with the other vegetables, curry and coconut milk to make a curry.



35-40 min



easy



eat within
3 days



vegetarian



lactose free

store in refrigerator



Carrot



Cauliflower



Minced seitan



Fresh coriander



Fresh ginger



Brown rice



Soy sauce



Curry spices



Coconut milk

Ingredients

	1P	2P	3P	4P	5P	6P
Carrot	½	1	1½	2	2½	3
Fresh ginger(cm)	1	2	3	4	5	6
Cauliflower	¼	½	¾	1	1¼	1½
Brown rice (g)	85	170	250	335	420	500
Soy sauce (ml) 1) 6)	5	10	15	20	25	30
Minced seitan (pack) 1) 6)	½	1	1½	2	2½	3
Curry spices (tsp.)	2	4	6	8	10	12
Coconut milk (ml)	75	150	250	350	400	500
Fresh coriander (stems) 23)	3	5	8	10	15	18
White wine vinegar (tbsp.)*	2	4	6	8	10	12
Honey (tbsp.)*	1	2	3	4	5	6
Sunflower oil (tbsp.)*	½	1	1½	2	2½	3
Pepper and salt*	To Taste					

* Add yourself

Allergens

1) Gluten **6)** Soy
May contain traces of
23) celery.

Utensils

Pot with lid, saucepan,
stir-fry or sauté pan with
lid, vegetable peeler or
cheese slicer

Nutrition Facts 725 kcal | 38 g protien | 92 g carbs | 19 g fat, of which 12 g saturated | 12 g fibres



1 Boil 250 ml of water per person in a pot with a lid for the rice.



2 With a vegetable peeler or cheese slicer slice thin slices of half of the carrot and cut the rest of the carrot into cubes. Heat the white wine vinegar and honey in a saucepan, add the carrot slices and heat 4 - 5 minutes. Remove from heat and set aside.

3 Meanwhile, peel the ginger and chop finely. Cut the flower of the cauliflower into florets and stalk small.

4 Cook the rice, covered, for 12 - 15 minutes. Then drain if necessary and let steam without a lid.



5 Meanwhile, heat the sunflower oil in a stir-fry or sauté pan with a lid and cook the ginger, soy sauce and seitan for 2 minutes on low heat. Add the cauliflower, carrot cubes and curry spices and stir-fry for 1 minute over medium heat.

6 Add the coconut milk and 25 ml of water per person to the stir-fry or sauté pan, cover and simmer for 15 - 20 minutes. If it is too dry, add more water. Season with salt and pepper.



7 Drain the carrot slices and chop the coriander. Divide the rice and curry onto the plates. Serve with pickled carrot ribbons and garnish with coriander.

Fact! Seitan is easily digestible and is packed with vegetable proteins.



JAMIES GREEK CHICKEN WITH SPICY COUSCOUS & TZATZIKI



with **Jamie Oliver**

Cooking is made easy
with Hello Fresh

This couscous salad is full of delicious fresh vegetables and herbs which fit perfectly with the chicken with lemon in Greek style. By using lean chicken breast you keep it healthy - chicken is an excellent source of proteins, which help to maintain strong muscles. In combination with the carrot salad this is a colorful weeknight meal. If you've never made your own tzatziki before then I guarantee you that it will not be the last time.



30 minutes



gezond



eat at the
beginning

store in refrigerator



red bell pepper



spring onion



black olives



cherry tomatoes



couscous



cucumber



chicke fillet



oregano



lemon



low-fat yogurt



fresh mint



carrot

For 1 person

- ½ red bell pepper
- 3 spring onions
- 10g black olives
- 50 g cherry tomatoes
- 85g couscous
- ¼ cucumber
- 1 chicken breast
- ½ tsp. oregano
- ½ lemon
- 50 g low-fat yogurt
- 15g fresh mint
- ½ carrot

Add yourself: olive oil, extra virgin olive oil, sea salt and black pepper

Nutrition Facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
695.0 kcal	13.8 g	2.0 g	46.5 g	87.6 g	19.9 g	1.6 g	6.4 g

Allergens: gluten (wheat), milk (lactose), traces of celery

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1. Bring a small pan of water over medium heat to a boil.
2. Halve the **peppers**, remove the seeds and chop the **peppers** finely. Cut the **spring onions** into rings. Crush the **olives**, if necessary, remove the seeds and chop them coarsely. Halve the **cherry tomatoes** and place in a bowl.
3. Put 125 ml boiling water in another bowl with the **couscous**, cover with a plate and set aside.
4. Grate the **cucumber** with a coarse grater and place in a strainer, add some salt and let stand for 5 minutes.
5. Meanwhile, place the **chicken** on a plate and season with ½ tsp. **olive oil**, **oregano**, a pinch of **pepper** and some **lemon zest**.
6. Squeeze the grated **cucumber** and place in a bowl. Stir in the **yogurt**, **pepper** and a squeeze of **lemon juice**. Pluck and chop the **mint leaves** finely and stir in half by the **tzatziki**.

7. Peel the **carrot** and cut it into ribbons with a vegetable peeler. Put a pinch of **salt** and **pepper** and a squeeze of **lemon juice** in a bowl.

8. Heat a frying pan over medium heat.
9. Loosen the **couscous** with a fork and and stir in the chopped vegetables, the remaining **mint**, 1 tsp. **extra virgin olive**

oil, the remaining **lemon juice** and **pepper** to taste.

10. Bake the **chicken** for 10 minutes in the hot frying pan, turn regularly, cut it into strips afterward.
11. Spoon the **couscous** on a plate, put the **carrot salad** and **chicken breast strips** on top and serve with **tzatziki**.

Jamie O



Have fun cooking! And do not forget to take a picture and share! #hellojamie   

For more inspiration
www.hellofresh.nl/ / www.hellofresh.be

For 2 persons

- 1 red bell pepper
- 6 spring onions
- 20g black olives
- 100g cherry tomatoes
- 170g couscous
- ½ cucumber
- 2 chicken breasts
- 1 tsp. oregano
- 1 lemon
- 100g low-fat yogurt
- 15g fresh mint
- 1 carrot

Add yourself: olive oil, extra virgin olive oil, sea salt and black pepper

Nutrition Facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
676.0 kcal	13.5 g	2.0 g	45.9 g	84.0 g	17.1 g	1.5 g	6.4 g

Allergens: gluten (wheat), milk (lactose), traces of celery

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1. Bring a small pan of water over medium heat to a boil.
2. Halve the **peppers**, remove the seeds and chop the **peppers** finely. Cut the **spring onions** into rings. Crush the **olives**, if necessary, remove the seeds and chop them coarsely. Halve the **cherry tomatoes** and place in a bowl.

3. Put 250 ml boiling water in another bowl with the **couscous**, cover with a plate and set aside.
4. Grate the **cucumber** with a coarse grater and place in a strainer, add some salt and let stand for 5 minutes.
5. Meanwhile, place the **chicken** on a plate and season with 1 tsp. **olive oil**, **oregano**, a pinch of **pepper** and some **lemon zest**.

6. Squeeze the grated **cucumber** and place in a bowl. Stir in the **yogurt**, **pepper** and a squeeze of **lemon juice**. Pluck and chop the **mint leaves** finely and stir in half by the **tzatziki**.

7. Peel the **carrot** and cut it into ribbons with a vegetable peeler. Put a pinch of **salt** and **pepper** and a squeeze of **lemon juice** in a bowl.

8. Heat a **frying pan** over medium heat.
9. Loosen the **couscous** with a fork and stir in the chopped vegetables, the remaining **mint**, 2 tsp. **extra virgin olive**

oil, the remaining **lemon juice** and **pepper** to taste.

10. Bake the **chicken** for 10 minutes in the hot frying pan, turn regularly, cut it into strips afterward.

11. Spoon the **couscous** on a plate, put the **carrot salad** and **chicken breast strips** on top and serve with **tzatziki**.

Jamie



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For more inspiration
www.hellofresh.nl / www.hellofresh.be

For 3 persons

- 1 ½ red bell peppers
- 9 scallions
- 30g black olives
- 150g cherry tomatoes
- 250g couscous
- ¾ cucumber
- 3 chicken breasts
- 1½ tsp. oregano
- 1 ½ lemon
- 150 g low-fat yogurt
- 15g fresh mint
- 2 carrots

Add yourself: olive oil, extra virgin olive oil, sea salt and black pepper

Nutrition Facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
674.0 kcal	13.5 g	2.0 g	45.7 g	83.6 g	18.0 g	0.6 g	6.4 g

Allergens: gluten (wheat), milk (lactose), traces of celery

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1. Bring a small pan of water over medium heat to a boil.
2. Halve the **peppers**, remove the seeds and chop the **peppers** finely. Cut the **spring onions** into rings. Crush the **olives**, if necessary, remove the seeds and chop them coarsely. Halve the **cherry tomatoes** and place in a bowl.



3. Put 375 ml boiling water in another bowl with the **couscous**, cover with a plate and set aside.
4. Grate the **cucumber** with a coarse grater and place in a strainer, add some salt and let stand for 5 minutes.
5. Meanwhile, place the **chicken** on a plate and season with 1 tsp. **olive oil**, **oregano**, a pinch of **pepper** and some **lemon zest**.



6. Squeeze the grated **cucumber** and place in a bowl. Stir in the **yogurt**, **pepper** and a squeeze of **lemon juice**. Pluck and chop the **mint leaves** finely and stir in half by the **tzatziki**.
7. Peel the **carrot** and cut it into ribbons with a vegetable peeler. Put a pinch of **salt** and **pepper** and a squeeze of **lemon juice** in a bowl.



8. Heat a frying pan over medium heat.
9. Loosen the **couscous** with a fork and stir in the chopped vegetables, the remaining **mint**, 3 tsp. **extra virgin olive**

oil, the remaining **lemon juice** and **pepper** to taste.

10. Bake the **chicken** for 10 minutes in the hot frying pan, turn regularly, cut it into strips afterward.
11. Spoon the **couscous** on a plate, put the **carrot salad** and **chicken breast strips** on top and serve with **tzatziki**.

Jamie



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For more inspiration
www.hellofresh.nl / www.hellofresh.be

For 4 persons

- 2 red bell peppers
- 12 spring onions
- 40g black olives
- 200g cherry tomatoes
- 340g couscous
- 1 cucumber
- 4 chicken breasts
- 2 tsp. oregano
- 2 lemon
- 200g low-fat yogurt
- 30g fresh mint
- 2 carrots

Add yourself: olive oil, extra virgin olive oil, sea salt and black pepper

Nutrition Facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
669.0 kcal	12.8 g	2.0 g	45.4 g	84.1 g	17.0 g	1.5 g	8.1 g

Allergens: gluten (wheat), milk (lactose), traces of celery

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JAMIE OLIVER
FOOD
FOUNDATION



1. Bring a small pan of water over medium heat to a boil.
2. Halve the **peppers**, remove the seeds and chop the **peppers** finely. Cut the **spring onions** into rings. Crush the **olives**, if necessary, remove the seeds and chop them coarsely. Halve the **cherry tomatoes** and place in a bowl.



3. Put 500 ml boiling water in another bowl with the **couscous**, cover with a plate and set aside.
4. Grate the **cucumber** with a coarse grater and place in a strainer, add some salt and let stand for 5 minutes.
5. Meanwhile, place the **chicken** on a plate and season with 2 tsp. **olive oil**, **oregano**, a pinch of **pepper** and some **lemon zest**.



6. Squeeze the grated **cucumber** and place in a bowl. Stir in the **yogurt**, **pepper** and a squeeze of **lemon juice**. Pluck and chop the **mint leaves** finely and stir in half by the **tzatziki**.

7. Peel the **carrot** and cut it into ribbons with a vegetable peeler. Put a pinch of **salt** and **pepper** and a squeeze of **lemon juice** in a bowl.



8. Heat a frying pan over medium heat...
9. Loosen the **couscous** with a fork and and stir in the chopped vegetables, the remaining **mint**, 4 tsp. **extra virgin olive**

oil, the remaining **lemon juice** and **pepper** to taste.

10. Bake the **chicken** for 10 minutes in the hot frying pan, turn regularly, cut it into strips afterward.

11. Spoon the **couscous** on a plate, put the **carrot salad** and **chicken breast strips** on top and serve with **tzatziki**.

Jamie O



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For more inspiration
www.hellofresh.nl / www.hellofresh.be

For 5 persons

- 2 ½ red bell peppers
- 15 spring onions
- 50g black olives
- 250g cherry tomatoes
- 430g couscous
- 1 cucumber
- 5 chicken breasts
- 2½ tsp. oregano
- 2 ½ lemon
- 250 g low-fat yogurt
- 30g fresh mint
- 3 carrots

Add yourself: olive oil, extra virgin olive oil, sea salt and black pepper

Nutrition Facts per person:

CALORIES	FAT	SATURATED FAT	PROTEIN	CARBS	SUGARS	SALT	FIBRES
679.0 kcal	13.5 g	2.0 g	45.9 g	85.1 g	17.4 g	1.4 g	7.0 g

Allergens: gluten (wheat), milk (lactose), traces of celery

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1. Bring a small pan of water over medium heat to a boil.
2. Halve the **peppers**, remove the seeds and chop the **peppers** finely. Cut the **spring onions** into rings. Crush the **olives**, if necessary, remove the seeds and chop them coarsely. Halve the **cherry tomatoes** and place in a bowl.

3. Put 640 ml boiling water in another bowl with the **couscous**, cover with a plate and set aside.

4. Grate the **cucumber** with a coarse grater and place in a strainer, add some salt and let stand for 5 minutes.

5. Meanwhile, place the **chicken** on a plate and season with 2 ½ tsp. **olive oil**, **oregano**, a pinch of **pepper** and some **lemon zest**.

6. Squeeze the grated **cucumber** and place in a bowl. Stir in the **yogurt**, **pepper** and a squeeze of **lemon juice**. Pluck and chop the **mint leaves** finely and stir in half by the **tzatziki**.

7. Peel the **carrot** and cut it into ribbons with a vegetable peeler. Put a pinch of **salt** and **pepper** and a squeeze of **lemon juice** in a bowl.

8. Heat a frying pan over medium heat.
9. Loosen the **couscous** with a fork and stir in the chopped vegetables, the remaining **mint**, 4 tsp. **extra virgin olive**

oil, the remaining **lemon juice** and **pepper** to taste.

10. Bake the **chicken** for 10 minutes in the hot frying pan, turn regularly, cut it into strips afterward.

11. Spoon the **couscous** on a plate, put the **carrot salad** and **chicken breast strips** on top and serve with **tzatziki**.

Jamie



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and share! #hellojamie



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